



Chicken with Vegetable Sauce

Serving Size: 2.5oz

100 Servings

Ingredients:

- 2.5 quarts chopped celery
- 2.5 quarts chopped onion
- 5 cups garlic, chopped
- 2.5 cups tomato paste
- 2 tablespoons granulated onion
- 3 tablespoons granulated garlic
- 3 tablespoons ground nutmeg
- 2 tablespoons salt
- 12.5 lbs chicken, diced, cooked

Instructions:

1. Preheat oven to 350 degrees.
2. Puree celery, onion, and garlic.
3. Stir in tomato paste, salt, and spices. This can be set aside and held at 41 degrees until ready for use.
4. Place chicken in two hotel pans, in an even layer. Cover with sauce.
5. Bake for 60-90 minutes, until the sauce is thick and reduced.
6. Hold for hot service at 135 degrees.

Meal pattern contribution:

One portion equals 2 oz meat/meat alternate

Tips:

1. Serve with 1/2 cup couscous, rice, or other grain to equal 1 oz grain.
2. Use Halal Certified Chicken to make this meal Halal-friendly

Did you Know...

North African cuisine is influenced by many historical, topographical, and cultural factors.

In much of this region, the climate is quite arid, which makes it difficult to grow fresh vegetables. That's not to say vegetables aren't part of this diet, just in a smaller scale in comparison to some other cuisines.

This dry climate makes starchy foods such as grains and bread staple foods.

Legumes are also very common in North African cuisine. Chickpeas, fava beans, and lentils are the most commonly used legumes.

Staple meats include sheep, goat, fish, and chicken, Because the Muslim population is high, pork and pork products are a rarity.